

PRAYERS FOR CONFESSION

Prayer Before Confession

Receive my confession, O most loving and gracious Lord Jesus Christ, only hope for the salvation of my soul. Grant to me true contrition of soul, so that day and night I may by penance make satisfaction for my many sins. Savior of the world, O good Jesus, Who gave Yourself to the death of the Cross to save sinners, look upon me, most wretched of all sinners; have pity on me, and give me the light to know my sins, true sorrow for them, and a firm purpose of never committing them again. O gracious Virgin Mary, Immaculate Mother of Jesus, I implore you to obtain for me by your powerful intercession these graces from you Divine Son. St. Joseph, pray for me.

Acts of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

O my God, I am sorry for my sins because I have offended you. I know I should love you above all things. Help me to do penance, to do better, and to avoid anything that might lead me to sin. Amen.

Prayer After Confession

O almighty and most merciful God, I give You thanks with all the powers of my soul for this and all other mercies, graces, and blessings bestowed on me, and prostrating myself at Your sacred feet, I offer myself to be henceforth forever Yours. Let nothing in life or death ever separate me from You! I renounce with my whole soul all my treasons against You, and all the abominations and sins of my past life. I renew my promises made in Baptism, and from this moment I dedicate myself eternally to Your love and service. Grant that for the time to come, I may detest sin more than death itself, and avoid all such

occasions and companies as have unhappily brought me to it. This I
resolve to do by the aid of Your divine grace, without which I can do
nothing. Amen.